



French Alpine Club FEDERATION - Toulouse

* YOUTH COMMISSION



INTERNATIONAL YOUTH CLIMBING CAMP

Ariege, South of France 8-13 July 2023

The main goal of this youth climbing camp is to practice many forms of climbing, cliffs with one pitch, or routes with many pitches, on different types of rock, granite or limestone.

A climbing certificate (skills for climbing indoor, one pitch, multipitch) could be provide to young at the end : see reference to validate at the end.

It will be also possible also to do canyoning and caving / speleology; some training about instructor.is possible depends of level and experience) .

Date: 08 - 13 July 2023. Possible to stay only few days, and to arrive on any day .

Place: Gite Les Oustalous, Les Cabannes (<http://www.villagesdebeille.com/oustalous.html>) , Ariège, South of France (distance from 120 KM of Toulouse / one hour and 20 mins)

Accommodation and Food: Rooms for 2 people, all meals and lunch packs are provided by the event organiser and will be prepared by the youth.



Staff / leaders: all the staff are qualified to supervise this event; instructors Alpinism or Climbing or Canyoning

Participants: Young people from 16 to 25 years old. Participants should lead climb at a minimum of 5b French grade. We will be offering places to maximum of 3 participants per country Federation, and 12 for all Youngs.

Participants younger than 18 year old must be accompanied by an adult Climber/coach, who is able to look after them during this meet.

Attention: the alcohol consumption by the young people is forbidden during the camp.

Equipment: climbing harness, climbing shoes, chalk bag, climbing helmet, belay device and 10 quick draws (UIAA standard/CEN). Sun glasses & cream, waterproofs, sleeping bag, head torch, climbing clothing and wash kit, water bottle, any personal medication.

Insurance: Participants should get themselves insurance for accident, rescue, third party liability and travel which is valid for participating in the programme of climbing and trekking. This cover note of insurance should be presented to the organisers on arrival.

Entry visas: If your representatives need to obtain entry visa, please confirm their names and passport numbers to the contact emails as soon as possible as Visa processing is a very lengthy process.

Price: 25 EUR per day per participant, payable on arrival to the organiser. Accommodation, full board, leading and organisational costs included

Registration deadline: 01 of July 2023 . **One maximum of 15 participants is planned, so priority will be given to first demands.**

Meeting point: Toulouse, on Saturday morning, the 8 h of July 2023 (the precise location will be following later depending on how you are arriving i.e. by plane, train etc.*), or another day at the train station "Les Cabannes" Possible to arrive in toulouse airport on Friday the 7 th (and also leave on 14).

***Place, date and time of arrival and transport, which you plan to use (and number of train or flight) :**

- By train in **Toulouse Station** (or there is a station at **Les Cabannes**, 3 minutes away from the gite):
- By plane, at the airport of **Toulouse Blagnac**:

Additional information and registration: Pierre Hullin gaspard1877@gmail.com - 06 37 89 13 33

About UIAA Global Youth Summit events:

- These events are a great opportunity to meet a varied group of young climbers from home and abroad, and make new friends, as well as exchange climbing techniques.
- During the event we will also share knowledge (demonstrations, lectures and experience) of sport climbing.

Schedule / activities:

The main goal of this youth climbing camp is to practice many forms of climbing, cliffs with one pitch, or routes with many pitches on big walls, on different types of rock, granite or limestone.

All the climbing sites are described on this link: <http://cafma.free.fr/>

- 2021 <https://photos.app.goo.gl/34kskyc7CmiZxgMJA>
- 2020 <https://photos.app.goo.gl/jWSWsdcqBHnraLNf6>
- 2019 <https://photos.app.goo.gl/15SSekTMWgkZFbSX7>
- 2018 <https://photos.app.goo.gl/3gcDffuY6WPM1rB1A>
- 2017 <https://photos.app.goo.gl/TFEITxsfJWl97oNd2>

08 th of July 2023: •Arrival about 10 AM of the participants – transport from Toulouse provided by the cars of the staff . (Confirmation and arrival times of participants needed). Confirmation of registration, and accommodation in rooms about 12 h 00. Lunch and direction a cliff to climb. 20:00h – dinner

Others days : 08:00-09:00h breakfast, then splitting in groups according climber's current level of climbing and climbing, or canyoning or caving (lunch at the rock - lunch pack). 20:00h – dinner

Last day, Thursday the 13 of July 2023 come back in Toulouse about 07 PM.

REGISTRATION FORM

**International climbing and trekking camp in Ariège, South of France
July, 08 th to 13 of July 2023**

FEDERATION: _____

ADDRESS: _____

PHONE: _____ FAX: _____

E-MAIL: _____

PARTICIPANT:

Name and Family Name			Sex	
Date of Birth		Email		
Address				
Telephone		Fax		
Mobile telephone				
Emergency home contact number				
Passport number		Period of validity		
Date of issuing and city				
Please indicate your language preferences.				
Spoken languages	1.	2.		
Special diets: <input type="checkbox"/> vegetarian <input type="checkbox"/> Eat variety <input type="checkbox"/> allergies and intolerances <input type="checkbox"/> special diet				
Details:				
Do you have any Special medical needs or allergies that we should be aware of?				
Name and telephone numbers of a person we can contact in the event of an emergency				
Participant climbing experience, level and skills:				
I can tie in /Yes/No/ =				
* I can top rope belay safely /Yes/No/ = using (belay device)				
* I can lead belay safely /Yes/No/ with a (belay device)				
My current on sight level is: _____ My current red point level is: _____				

If you have more participants, please use another copy of this form.

Place, date and time of arrival and transport, which you plan to use (and number of train or flight) :

- By train in **Toulouse Station** (or there is a station at **Les Cabannes**, 3 min from the gite):
- By plane, at the airport of Blagnac:

Insurance: Participants should have a collective or individual insurance policy, which guarantees covering the expenses of the rescue operations if an accident happens to them in France. In addition third party liability, accident and travel insurance should be acquired. Please bring a copy of your insurance with you. Name of the insurance company: _____

Policy number: _____

Participants applying for a UIAA Global Youth Summit event also acknowledge and accept that:

- **Safety is a primary concern at UIAA Global Youth Summit Events, but as with all the forms of climbing/mountaineering there is a danger of personal injury or death. The participant must strictly follow the rules given by the leaders.**

- **Participants at UIAA Global Youth Summit events, and their parents if younger than 18, accept the risks of participation and are responsible for their own actions, which should take account of relevant circumstances such as changing weather conditions.**

- **To take part it is necessary to be medically fit to do the activity and have valid liability and accident insurance which is valid in the country of the event and which covers rescue and repatriation. Please bring a copy of your insurance with you to show the organizers**

The alcohol consumption by the young people is forbidden during the camp.

The candidate participation must be approved and confirmed by his country Mountain Federation with the Federation's stamp and Federation's President

Signature (or authorized representative signature)

Stamp

Signature

Signed Participant : _____
(Parents or participant if over 18)

Date: _____

Name, surname, telephone, fax and e-mail **of the person to contact:**

Please send by mail (gaspard1877@gmail.com and christian.biard@orange.fr) this registration form through before ending 01 July 2023.

Contacts

FFCAM Comité Régional Occitanie, 3 rue de l'Orient - 31000 TOULOUSE France ☎: 05-61-63-74-42

Fax : 05-61-63-96-60 / clubalpintoulouse@wanadoo.fr / <http://clubalpintoulouse.fr/>

Contacts: Christian BIARD christian.biard@orange.fr / +33 682 33 86 63 et Pierre Hullin gaspard1877@gmail.com - 06 37 89 13 33

Reference for climbing certificate (skills for climbing indoor, one pitch, multipitch)



Evaluation

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This evaluation sheet allows each person to take stock of his or her knowledge. Like an airplane pilot before takeoff, we must first verify that "all systems are go" before leading a group. Essential during learning, this self-assessment tool is also useful pre-season to ensure you haven't forgotten any critical points.

A = Acquired knowledge; V = Visited (reviewed) but not mastered; N = Not acquired or reviewed during training.

Equipment

- The various types of ropes A V N
- The various types of dynamic ropes □ □ □
- What weakens a rope □ □ □
- Inspecting and caring for a rope □ □ □
- How to single-coil and carry a rope □ □ □
- How to double-coil and carry a rope □ □ □
- The various types of carabiners □ □ □
- Tying a nylon webbing sling □ □ □
- The best knot for joining two ropes □ □ □
- How to carry slings □ □ □

Tying in

- Tie-in knots □ □ □
- Properly tying in to the harness □ □ □
- Why partners should double-check each other □ □ □
- How to orient a quickdraw □ □ □
- How to clip the rope into a carabiner □ □ □
- Clipping stances and techniques □ □ □
- What a fall entails □ □ □
- How to minimize impact force on the lead climber during a fall □ □ □
- The pulley effect □ □ □





Single-pitch routes

- What mindset should the belayer adopt?
- How to belay a lead climber with a conventional device
- How to belay a lead climber with an assisted-braking device
- When is a bottom anchor necessary for the belayer?
- Precautions to take before setting up a top rope
- How to lower your climbing partner
- How to remove quickdraws on top rope

The belay station

- How to quickly protect a belay station
- How to protect a belay station with a more-distant redirect
- What to do when you arrive at a bolted belay station
- How to equalize two anchor points
- How to build a unidirectional anchor
- How to build a multidirectional anchor
- How to use natural anchors
- How to place nuts
- How to place cams
- Where to position a traditional belay station
- How to build a traditional belay station

Multi-pitch routes

- How to correctly anchor into the belay station
- How to belay one or two seconds (two climbers)
- What to do when your second arrives at the belay station
- How to organize/manage the belay station when swapping leads

Rappelling

- How to prepare to rappel
- Which knot to use to join two ropes
- How to set up a rappel



- How to set up your friction hitch and rappel device
- How to tie a friction hitch (autoblock or Klemheist)
- How to pull the rope
- How to execute a series of consecutive rappels

Useful Tips and Troubleshooting

- How to tie off a partner/load on top rope
- How to lower a second with a Munter hitch
- How to lower a second with a plaquette
- How to descend on a rappel rope that is under tension
- What to do if you lose your belay device
- How to assist the second with a difficult move
- How to re-ascend a fixed rope
- Can you protect a rappel from the bottom?
- How to rappel on a damaged rope
- How to pass the knot on a damaged rope
- How to provide assistance to a partner stuck mid-rappel
- How to lower from two unconnected protection points while remaining backed up
- How to retrieve a stuck rappel rope

Notes and Comments

